

CHILDHOOD MILESTONES: 2 MONTHS TO 5 YEARS

WATCH YOUR CHILD FOR SIGNS OF LEAD EXPOSURE AS THEY GROW

	2 MONTHS	4 MONTHS	6 MONTHS	9 MONTHS	12 MONTHS	18 MONTHS
SOCIAL/ EMOTIONAL	<ul style="list-style-type: none">• Begins to smile• Can briefly calm self• Tries to look at parent	<ul style="list-style-type: none">• Copies some movements, facial expressions and sounds• Likes to play with people and might cry when playing stops	<ul style="list-style-type: none">• Recognizes familiar faces• Likes to play with others, especially parents• Likes to look at self in a mirror	<ul style="list-style-type: none">• May fear strangers• May be clingy with familiar adults• Has favorite toys	<ul style="list-style-type: none">• Is shy or nervous with strangers• Hands you a book when they want to hear a story• Helps with getting dressed	<ul style="list-style-type: none">• Likes to hand things to others as play• May have temper tantrums• Explores with parent close by
LANGUAGE/ COMMUNICATION	<ul style="list-style-type: none">• Coos, makes gurgling sounds• Turns head toward sounds	<ul style="list-style-type: none">• Begins to babble• Babbles with expression and copies sounds he or she hears• Cries in different ways to show hunger, pain or being tired	<ul style="list-style-type: none">• Responds to own name• Strings vowels together when babbling (ah, eh, oh)	<ul style="list-style-type: none">• Understands no• Copies sounds and gestures of others• Uses fingers to point at things	<ul style="list-style-type: none">• Uses gestures, shaking head for no or waving bye-bye• Responds to simple requests• Says mama and dada	<ul style="list-style-type: none">• Says several single words• Says and shakes head no• Points to show someone what he or she wants
LEARNING/ PROBLEM SOLVING	<ul style="list-style-type: none">• Begins to visually follow things and recognize people at a distance• Pays attention to faces• Begins to act bored if activity doesn't change	<ul style="list-style-type: none">• Responds to affection• Lets you know if he or she is happy or sad• Reaches for a toy with one hand• Watches faces closely	<ul style="list-style-type: none">• Shows curiosity and tries to get things that are out of reach• Brings things to mouth• Begins to pass things from one hand to the other	<ul style="list-style-type: none">• Plays peek-a-boo• Puts things in their mouth• Looks for things he sees you hide• Picks up small items between thumb and index finger	<ul style="list-style-type: none">• Starts to use things correctly: drinks from a cup, brushes hair• Finds hidden things easily• Copies gestures	<ul style="list-style-type: none">• Plays simple pretend, such as feeding a doll• Scribbles on own• Can follow one-step verbal requests
PHYSICAL DEVELOPMENT	<ul style="list-style-type: none">• Can hold head up• Begins to push up when lying on tummy	<ul style="list-style-type: none">• Holds head steady, unsupported• Pushes down on legs when feet are on a hard surface• May be able to roll over from tummy to back	<ul style="list-style-type: none">• Rolls over from front to back and back to front• Supports weight when standing and might bounce• Begins to sit without support	<ul style="list-style-type: none">• Crawls• Stands while holding on• Sits without support• Can get into sitting position• Pulls to stand	<ul style="list-style-type: none">• Gets to sitting position without help• Pulls to stand, may stand alone• Walks holding onto furniture, may take a few steps without holding on	<ul style="list-style-type: none">• Walks alone, may climb steps and run• Pulls toys while walking• Drinks from a cup, eats with a spoon
SUGGESTIONS TO HELP DEVELOPMENT	<ul style="list-style-type: none">• Cuddle, talk and play with baby during activities.• Read and sing to baby• Hold a toy above his or her head and encourage him to reach for it	<ul style="list-style-type: none">• Hold and talk to baby• Make steady sleep and feeding routines• Help baby hold toys• Help baby stand	<ul style="list-style-type: none">• Play on the floor with baby every day• Smile when baby smiles, copy his or her sounds• Learn baby's moods and comfort when they are upset	<ul style="list-style-type: none">• Pay attention to reaction to new situations and people, stay close to reassure• Keep a daily routine• Copy baby's sounds and words	<ul style="list-style-type: none">• Give baby lots of hugs, kisses and praise for good behavior• Give child crayons and encourage drawing• Provide places to explore	<ul style="list-style-type: none">• Encourage pretend play• Encourage empathy• Use words that describe feelings and emotions• Ask simple questions
ASK A DOCTOR ABOUT THESE CONCERNS	<ul style="list-style-type: none">• Not responding to loud sounds• Not watching things move• Not smiling• Not bringing hands to mouth or holding head up when pushing up on tummy	<ul style="list-style-type: none">• Not pushing down with legs when feet are placed on a hard surface• Having trouble moving one or both eyes in all directions	<ul style="list-style-type: none">• Not trying to reach for things• Not showing affection• Not responding to sounds• Doesn't roll over• Doesn't laugh or squeal, seems stiff	<ul style="list-style-type: none">• Not bearing weight on legs with support• Not sitting with help• Not babbling• Not responding to name• Doesn't recognize familiar people	<ul style="list-style-type: none">• Doesn't crawl• Doesn't stand when supported• Doesn't search for hidden things• Doesn't say mama or dada• Doesn't point, loses skills they once had	<ul style="list-style-type: none">• Not pointing to show things• Not walking• Doesn't know what familiar things are used for• Doesn't have at least six words• Loses skills he or she once had

	2 YEARS	3 YEARS	4 YEARS	5 YEARS
SOCIAL/ EMOTIONAL	<ul style="list-style-type: none">• Begins playing more with other children, such as chase games• Copies others• Shows independence	<ul style="list-style-type: none">• Shows affection or concern for friends on their own• Takes turns in games• Dresses and undresses self	<ul style="list-style-type: none">• Enjoys doing new things• Would rather play with others than alone and cooperates• Expresses likes and interests	<ul style="list-style-type: none">• Can tell what's real and what's make-believe• Is sometimes demanding• Is likely to agree with rules
LANGUAGE/ COMMUNICATION	<ul style="list-style-type: none">• Points to things or pictures when they are named• Knows familiar people's names• Says 2- to 4-word sentences	<ul style="list-style-type: none">• Says first name, age and sex• Carries on a conversation using 2 to 3 sentences• Understands "in," "on," "under"	<ul style="list-style-type: none">• Tells stories• Sings songs or recites poems from memory (Itsy Bitsy Spider)• Uses basic grammar correctly	<ul style="list-style-type: none">• Speaks very clearly• Uses full sentences to tell a simple story• Says full name and address
LEARNING/ PROBLEM SOLVING	<ul style="list-style-type: none">• Begins to sort shapes and colors• Might use one hand more than the other• Can follow two-step verbal requests	<ul style="list-style-type: none">• Can operate toys with moving parts, buttons and levers• Copies a circle• Turns door handles	<ul style="list-style-type: none">• Names some colors, numbers• Understands counting• Uses scissors• Starts to copy some letters	<ul style="list-style-type: none">• Counts 10 or more things• Can draw a person with at least six body parts• Can copy shapes, letters and numbers
PHYSICAL DEVELOPMENT	<ul style="list-style-type: none">• Stands on tiptoe• Walks up and down stairs holding on• Kicks a ball• Begins to run• Throws a ball overhand	<ul style="list-style-type: none">• Climbs well• Runs easily• Pedals a tricycle• Walks up and down stairs, one foot on each step	<ul style="list-style-type: none">• Hops and stands on one foot up to 2 seconds• Catches a bounced ball most of the time	<ul style="list-style-type: none">• Can use the toilet on their own• Swings and climbs• Can hop, stand on one foot, do a somersault
HOW TO HELP DEVELOPMENT	<ul style="list-style-type: none">• Encourage helping with chores, praise• Teach child to identify common things• Once child walks well, ask them to carry small things	<ul style="list-style-type: none">• Join play groups for social interaction• Work out problems when child is upset• Play matching games• Play outside with them	<ul style="list-style-type: none">• Give simple choices, limit to two or three• Give toys that build imagination• Use good grammar• Dance with your child	<ul style="list-style-type: none">• Teach him or her your address and phone number• When reading, ask him or her to predict what's next in the story• Help child climb monkey bars
ASK A DOCTOR ABOUT THESE CONCERNS	<ul style="list-style-type: none">• Doesn't know what to do with common things (brush, phone, fork, spoon)• Not copying actions or words• Not following simple instructions	<ul style="list-style-type: none">• Falling down a lot or trouble with stairs• Drools or has very unclear speech• Not able to work simple toys• Loses skills he or she once had	<ul style="list-style-type: none">• Can't jump in place• Has trouble scribbling• Not interested in make-believe• Ignores other children• Doesn't follow three-part commands	<ul style="list-style-type: none">• Not showing wide range of emotions• Showing extreme fear, shyness or sadness• Can't give first and last name

TAKE NOTES ABOUT YOUR CHILD

NAME _____

AGE _____

MILESTONES YOU HAVE NOTICED

SOCIAL/ EMOTIONAL

LANGUAGE/ COMMUNICATION

LEARNING/ PROBLEM SOLVING

PHYSICAL DEVELOPMENT

QUESTIONS FOR YOUR DOCTOR

